

STOCKS & SOUPS



The Essential Parts of Stock



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- There are four essential parts to all stocks:
 - ▣ A major flavoring ingredient
 - ▣ A liquid, most often water
 - ▣ Mirepoix
 - ▣ Aromatics
- **Mirepoix** is a French word that refers to the mixture of coarsely chopped onions, carrots, and celery that provide a flavor base for stock.
- **Aromatics**, such as bouquet garni and *sachet d'épices*, are the herbs, spices, and flavorings that create a savory smell.

Types of Stocks

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A **stock** is a flavorful liquid made by gently simmering bones and/or vegetables.

- Stocks are often called the chef’s “building blocks.” They form the base for many soups and sauces.
- There are many types of stock:
 - White stock, brown stock, fumet, court bouillon, glace, *remouillage*, bouillon, jus, and vegetable stock
- To use bones for stock, you must first cut them to the right size and then prepare them by blanching, browning, or sweating.



Preparing Stocks

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- ❑ **Blanching the bones** rids them of some of the impurities that can cause cloudiness in a stock.
- ❑ To **brown bones, roast them in a hot (400°F) oven** for about an hour, until they are golden brown.
- ❑ **Sweating** causes bone and mirepoix to release flavor more quickly when liquid is added.

Preparing Stocks

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- ❑ Flavor, color, body, and clarity determine the quality of stock. A stock should be flavorful, but not so strong that it overpowers the other ingredients in the finished dish.
- ❑ To make stock, the ratio of liquid to flavoring ingredients is standard.
- ❑ Follow proper food safety practices when cooling stock to minimize the time the stock spends in the temperature danger zone.

Degreasing Stock

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Degreasing is the process of removing fat that has cooled and hardened from the surface of the stock.

- ❑ Degreasing gives the stock a clearer and purer color.
- ❑ Degreasing also removes some of the fat content, making the stock more healthful.
- ❑ Degrease stock by skimming, scraping, or lifting hard fat.



Video Tutorials

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- [Broth Soup](#)
 - [Brown Stock](#)
 - [Consomme](#)
 - [Cream Soup](#)
 - [Fish Stock](#)
 - [Puree Soup](#)
 - [White Stock](#)
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Section 6.1 Summary



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- Stocks contain four essential parts: a major flavoring ingredient, liquid, aromatics, and mirepoix.
- There are many types of stock, including white stock, brown stock, fumet, court bouillon, glace, *remouillage*, bouillon, jus, and vegetable stock.
- When using bones for stock, you must cut them to the right size and prepare them by blanching, browning, or sweating.
- Degreasing is the process of removing fat that has cooled and hardened from the surface of the stock by lifting or scraping it away before the stock is reheated.
- To cool stock, follow good food safety practices and limit the time the stock spends in the temperature danger zone (TDZ).

Assignment

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□ Stocks and Soups Worksheet

Stocks and Soups

Read Section 6.1 (Stocks) on pg. 369-379 in your Foundations of Management & Culinary Arts Year 1 textbook.

Answer the following questions:

1. List the 4 essential parts of a stock.
 - a. _____
 - b. _____
 - c. _____
 - d. _____

2. What is in mirepoix? Provide the percentage for each ingredient.



More questions on worksheet 😊

